

ABSTRACT OF THE DISCLOSURE

A leg positioning and training device for a golfer is disclosed. The device is characterized by the structure including platform having a foot base plate rotatably mounted thereon for the golfer's rear foot, wherein the foot base plate is adjustable in two planes. The foot base plate includes a segment that extends upwardly from the base plate in receiving relation to the user's foot and ankle, and this segment is angularly adjustable with respect to a plane that is substantially normal to the foot base plate. A strain gauge is operatively attached to that segment for receiving and measuring force applied by the user, and a display indicator is provided in operative connection to the strain gauge, whereby the user may see a representation of the force applied thereto during a golf swing.